

### **Pregnancy after Loss**

I cannot finish this book without a mention of having another baby. Some families don't want to think of this so soon after their baby has died. Other families, however, can think of nothing else. Another baby to fill their arms and aching heart is a yearning that is hard to ignore. I read in a newsletter that most women are pregnant within the first year after losing a baby.<sup>1</sup> I can easily believe that.

The decision to have another baby is obviously a personal one, decided through much prayer and waiting on the Lord. Even if your family has always trusted God to send along as many children as He wishes, you may now find you will re-evaluate. If having another baby puts the mother's life at risk, you will need to think this through carefully and prayerfully.

Let's say you have decided to have another child. When you become pregnant, others may think that somehow, this will make you better. People may feel that now you will be over your other baby. They may even pretend it never happened. A new pregnancy does not mean you are replacing the baby who has died. You may want to steer clear of negative influences during this pregnancy and find someone who understands what you are going through.

Most mothers are torn between wanting the baby who has died and wanting this new baby also. A subsequent pregnancy will be full of conflicting emotions, and you may grieve all over again as you relive the pregnancy that ended in loss.

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<sup>1</sup> <http://www.mend.org/newsletters/vol2iss5.htm> Subsequent Pregnancy – Common Within First Year After Loss